

Sometimes you need a second chance.

You and your partner have
72 hours to act.



- For Emergency
Contraceptive Pills:**
- Call your doctor or clinic.
 - Call 1-888-NOT-2-LATE
(1-888-668-2528) for a list of
emergency contraceptive providers
(confidential and free).
 - Visit the Emergency Contraceptive
Website www.not-2-late.com

Just had Sex?

Afraid of Pregnancy?

EMERGENCY CONTRACEPTIVE PILLS

What are emergency contraceptive pills (ECPs)?

- ECPs are a safe and effective method a woman can use to **prevent** pregnancy after sex.
- ECPs contain the same hormones as those in birth control pills.
- ECPs should be taken within **72 hours (3 days)** after unprotected sex but they are more effective the sooner they are taken.
- ECPs are **not** abortion pills and will not work if your partner is already pregnant.

When to use ECPs?

- If you had unprotected sex
- If the condom broke
- If the diaphragm slipped
- If your partner missed her birth control pills or started her pack late
- If your partner missed her birth control shot



What you should do:

- Talk to your partner about ECPs and about other forms of birth control.
- To reduce the risk of pregnancies and transmission of STDs/HIV, always use condoms when having sex.
- Support your partner in case of birth control failure by respecting her choice.
- Go with your partner when she talks to a pharmacist or medical provider.

In Washington State, women can go directly to certain pharmacies for ECPs. For more information about ECPs call **1-888-NOT-2-LATE (1-888-668-2528)** or visit the Emergency Contraception Website at **www.not-2-late.com**.

Also contact the International Community Health Services:



720 8th Avenue South, Suite 100
Seattle, WA 98104
(206) 461-3235



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If you have questions, contact:

Office of Health Promotion

P.O. Box 47833 Olympia, WA 98504-7833

(360) 236-3736

Sincerely,

Health Education Resource Exchange Web Team